

Family and Friends Education and Support Group

Every Wednesday from 7:00 to 9:30 PM

Presented by

**Metropolitan State Hospital
11401 South Bloomfield Avenue, Norwalk CA 90650
Central Program Services (CPS) Building**

**{After stopping at the guard shack at the entrance to the hospital grounds,
turn left into the CPS parking lot just past the 3rd speed bump}**

November 16th through January 6th, 2012

November 16	The 8 precepts of Recovery – Fred Lee
November 23	Happy Thanksgiving – No Program
December 2	Holiday Stress & Distress
December 7	Planning for 2012 + caring and sharing
December 14 <i>(Meet at 6:30 p.m.)</i>	<i>Annual Holiday Dinner- Sizzler</i> 11835 Imperial Hwy, Norwalk (near Pioneer Ave. just West of the 5 Freeway on the North side of Imperial)
December 21	No Meeting – Happy Holidays!
December 28	No Meeting - Next Meeting January 4th
January 4th	Goals for 2012 + Caring and Sharing

For more information, please call: Mark Martin RT (562) 218-4091

**Or NAMI – Metro President: Yolande Vodhanel (562) 943-0453
(Please leave a message if they are not there when you call)**

Happy Holidays and Wishing You the Best for 2012!

Remember to keep hope alive!